

# WHAT ARE SUGARY DRINKS DOING TO YOUR BODY?

SUGAR & ACID LEVELS IN SUGARY DRINKS AND 'DIET' VARIETIES **CAN CAUSE TOOTH DECAY**

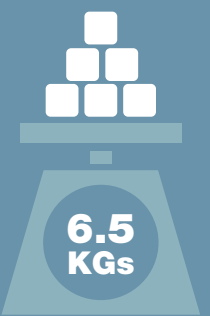
HIGHER SUGAR INTAKE **INCREASES YOUR RISK** OF NON-ALCOHOLIC **FATTY LIVER DISEASE**

340ML OF SUGARY DRINK A DAY, LESS THAN ONE CAN, **INCREASES YOUR RISK OF TYPE 2 DIABETES BY 22%**

SUGARY DRINKS CAN **REDUCE BONE DENSITY** WHICH MAY LEAD TO OSTEOPOROSIS

BEING OVERWEIGHT OR OBESE PUTS YOU AT **GREATER RISK** OF HEART DISEASE, KIDNEY DISEASE, TYPE 2 DIABETES, **STROKE AND SOME CANCERS**

ONE CAN OF SUGARY DRINK A DAY CAN LEAD **TO 6.5KGS WEIGHT GAIN IN A YEAR**



**RAPID BLOOD SUGAR SPIKES** AFTER DRINKING SUGARY DRINKS CAN **INCREASE HUNGER AND OVER EATING**